

A Teen's Guide To The Facts About Tobacco

You've probably heard about how smoking causes lung cancer and heart disease, but there is a whole lot more you should know about tobacco and smoking.

1. Smoking starts hurting your body right away!
 - From the first puff, smoking raises your blood pressure and makes your heart beat faster.
 - Cancer and heart disease may seem a long way off, but the risk is REAL.
 - Smoking causes more deaths every year than AIDS, alcohol, drug abuses, car crashes, murders, suicides, and fires.... COMBINED!
2. Once people start, they have a hard time stopping.
 - No one plans on getting hooked when they first try smoking.
 - Nicotine, a drug found in tobacco, is as addictive as heroin or cocaine.
 - 70% of teens who smoke say they wish they had never started.
3. Saying "No" saves you money.
 - Cigarettes cost anywhere from \$2.50 to \$4.50 a pack.
 - A pack a day smoker can spend more than \$1,000 a year on cigarettes.
 - Think of what you could buy with \$1,00 if you were not wasting it.
4. Smoking will not make you look better.
 - Real life smokers do not look like people who smoke in ads or movies.
 - In fact, smelling like cigarettes may make you less attractive.
 - 86% of teens say they would rather date people who do not smoke.
5. Smoking will not keep you thin.
 - Some smokers are thin and some are not.
 - If you are concerned about your weight, eating a healthy diet and getting regular exercise will work a lot better than lighting up a cigarette.
 - Remember, there is more to a person than numbers on a scale.
6. Cigars and smokeless tobacco are not a safe alternative.
 - Cigars, pipe tobacco, smokeless tobacco, and bidis all contain nicotine and cancer-causing chemicals...just like cigarettes.
 - Herbal cigarettes are also dangerous because they produce tar and carbon monoxide.
 - Using 2 cans of spit tobacco a week has the same nicotine as smoking 30 cigarettes a day or 1 1/2 packs a day.
 - Smoking 1 cigar is like smoking 10 cigarettes.

STRESSED?!

With the new school year just getting under way there are many new and exciting things we have to juggle and deal with. We must adjust to new classes, new teachers, friends, sports, club activities and sometimes even jobs. Finding the time to manage these daily routines and the emotions of adolescence can often cause teens to become STRESSED!! Stress is caused by how we are coping with both the daily hassles of life as well as major life events. Some signs of being STRESSED include:

- Headaches
- Stomach aches
- Feeling anxious or worried
- Feeling tired
- Change in appetite
- Irritability
- Poor concentration
- Feeling sad, angry and/or lonely

No matter how you experience stress, you need to find ways to deal with stress. Some good ways to cope include making time for yourself to have fun, getting exercise, having quiet time, talking with friends or family, listening to music, learning to say "NO" to some activities and prioritizing what needs to get done. Most importantly, always make sure you are getting enough sleep and eating healthy meals on a daily basis. No matter what you find helpful, make sure you learn to control the stress before it controls you!



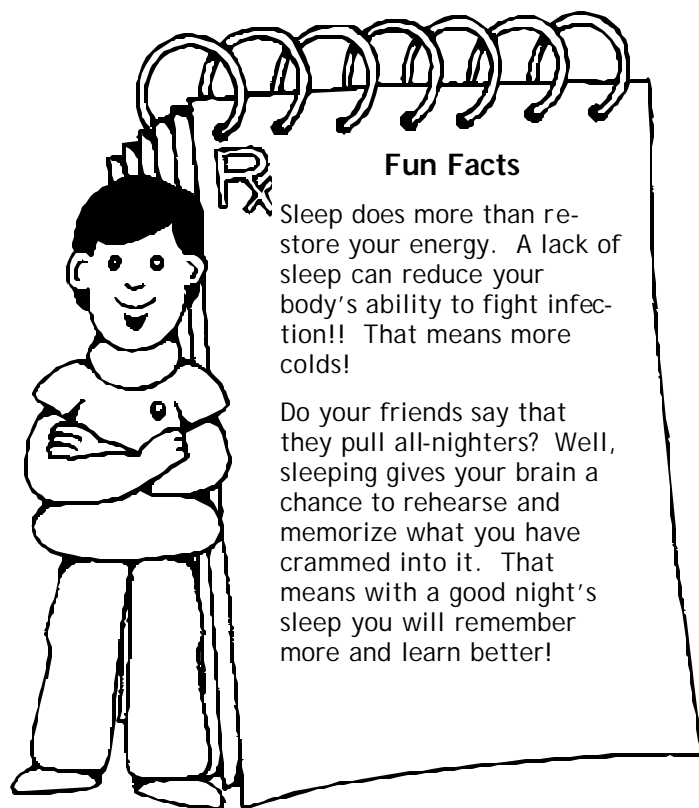
Tired? Sleepy?

Tomorrow's the big day and you cannot fall asleep! Sound familiar?

Everyone needs a certain amount of sleep to function at his or her best and teens need the most sleep of all age groups. As a teen, you need about 9 hours of sleep a night. If you don't get enough sleep you may be feeling foggy the next day. Did you know that exhaustion is a major factor in car accidents and that drivers under age 25 are most at risk for auto accidents for this reason.

So what's the answer? Here are a few solutions:

- Make sure your bedroom is set up as a place to encourage sleeping, the room should not be too hot or too cold and it should be dark.
- Have a de-stressing ritual, such as reading or a warm bath/shower.
- Regular exercise can help you sleep better...but not right before bed.
- Go to bed about the same time every night.



Fun Facts

Sleep does more than re-store your energy. A lack of sleep can reduce your body's ability to fight infection!! That means more colds!

Do your friends say that they pull all-nighters? Well, sleeping gives your brain a chance to rehearse and memorize what you have crammed into it. That means with a good night's sleep you will remember more and learn better!

Nutrition Nuggets: Are Super - Sized Meals Giving You Super Size Pants??!

Most of us love the idea of getting twice the fries and coke for just forty cents more. What a deal, right?! It might be a great value, but the cost in terms of calories is a total rip-off! Most super size fries, burgers, and drinks are twice the calories and fat or regular sizes. Here are some examples:

McDonald's		
Hamburger	280 calories	10 grams fat
Big Mac	580 calories	33 grams fat
French Fries		
Small	210 calories	10 grams fat
Super Size	610 calories	29 grams fat
Coke		
Medium (20 oz)	210 calories	0 grams fat
Super Size (32 oz)	410 calories	0 grams fat
Ice cream		
Small cone	150 calories	4.5 grams fat
McFlurry dessert (16 oz)	820 calories	29 grams fat
Triple Thick Shake (32 oz)	1120 calories	32 grams fat

What does this mean?? This means that BIGGER PORTIONS = BIGGER CLOTHES!! The larger sandwiches, fries, drinks, and desserts are 2 -3 times the fat and calories of the smaller portions. It is the same for any of the fast food restaurants. So, if you want to stay healthy, choose the smaller portion foods when eating out.